

April School Counselor's Corner

Mrs. Goodyear, Grades PK-4 (ext. 6122) and Mrs. Vlahos-Hall, Grades 5-8 (ext. 6232)



Jefferson, WE MISS YOU!! With everything going on, we want you to know we are thinking of you every day and are here for you and your families with anything you may need. We can be reached via email at Suzanne.goodyear@neomin.org and eleanna.vlahos-hall@neomin.org. Our REMIND class codes are @edcf2b (Goodyear) and @evlahos (Vlahos-Hall).

News:

- The Girl Power field trip has been rescheduled for May 31st.
- School will be closed until May 1st.
- Families in Grades 6-8 can call the school at 330-675-6960 to make an appointment to pick up your student's Chromebook (1 per District family)

How to keep kids (and maybe yourself) calm in the face of coronavirus:

- ✚ Create a routine: Routines make the world feel predictable to kids which creates feelings of safety and security.
- ✚ Acknowledge and normalize feelings.
www.sesamestreet.org/caring #CaringForEachOther
 Art activities to explore emotions:
https://elunanetwork.org/assets/files/Emotional_Map_AwH.pdf
- ✚ Ask and answer questions.
 Corona Virus Explained

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

Article (audio option)

<https://kidshealth.org/en/kids/coronavirus-kids.html?WT.ac=p-ra>

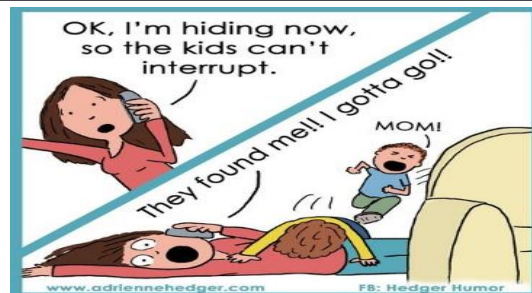
The Yucky Bug! By Julia Cook

<https://youtu.be/ZD9KNhmOCV4>

Corona Virus Articles and Resources for adults:

<https://drbeckyathome.com/home/managing-coronavirus-anxiety-ours-and-our-kids>

**Happy Birthday to all our "J"
April students who have
birthdays this month!**



Mindful Moments

Try these videos and activities when your child (and you!) may need a brain break:

Movement Videos:

GoNoodle

www.gonoodle.com

Cosmic Kids Yoga

<https://www.youtube.com/user/CosmicKidsYoga>

Breathing Exercises:

<https://www.youtube.com/watch?v=DSgOW879jjA>

www.Mindyeti.com

Mindfulness Videos:

https://www.youtube.com/watch?v=ihwcw_ofuME

Name all the feelings you can think of	Practice belly breathing	Draw something that makes you happy	Tense all the muscles in your body, then relax
What are 3 things you can do when you're upset?	Tell about what makes a good friend	Practice sitting still for 2 minutes. What do you notice?	Tell about a time that you felt sad
Play red light green light to practice self control	What does it take to be a good listener?	Discuss the feelings you see in your favorite book	Read a book and discuss moments of caring
Talk about 5 things you are thankful for	Tell about a time you felt happy	Play emotions charades (act out feelings)	Help another person in your family

Tips, Ideas and Activities for Children and Families during COVID-19

As schools close, activities pause and states issue stay-at-home orders, we have a unique opportunity to “go within” and connect deeply with our families. We hope the below activities will help foster peace with our children, inspire fun with our families and shine a healing light of love upon our world. We’re all in this together!

<https://kidsforpeaceglobal.org/COVID-19/>

“Just a reminder in case your mind is playing tricks on you today: **YOU MATTER**. You’re important. You’re loved. And your presence on this earth **MAKES A DIFFERENCE** whether you see it or not. You’re going to be okay.”



Families in grades PreK-5 can go to the site www.getepic.com. At the top right, click the blue 'log in'.

Enter the code qmg5370

Students can then find their teacher's name; once you click on your teacher you can explore and find a book!



Basic Help & Community Resources

Crisis and Suicide Intervention

Persons who need crisis/suicide intervention services are to contact Help Network at 330- 747-2696 – Mahoning, & Trumbull Counties, and Columbiana counties

330-424-7767. 24 hours/7days a week. Help Network also provides after hour services for mental health/addiction/recovery communities as well as other social services. Help Network Crisis Hotline for Trumbull County is 330-747-2696.

Food, Counseling, clothing

Call 211, an operator will connect you to a worker who will refer available community resources. Calls for information about food, counseling, and other items, call 211 for all Counties to connect with a worker who will refer to community resources. These resources are constantly being updated by our 211 Coordinator.

Food Pantry Text line

Text “HELP NETWORK” TO 898211. Follow the prompts, due to the present circumstances pantry hours may change.

Emotional Support Lines (Warm Lines)

Emotional support by calling 1-866-303-7337, hours are 12:00 p.m. to 8:00 p.m., available every day during hours.

Help Network On Line Directory

www.HelpNetworkNEO.org you can access the directory from any computer, contact individual agencies for hours. Agency hours have changed in this crisis, please call ahead!